

# Euleess Natatorium

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45	Arthritic Aerobics*	Water Toning*	Arthritic Aerobics*	Water Toning*	Arthritic Aerobics*		
8:50-9:35	Water Pilates*	Stretch class/Yoga*	Water Pilates*	Stretch class/Yoga*	Water Pilates*	H2O boot camp 9:00-9:45am	
9:35-10:20	Aqua Agility	Cardio by Aqua	Aqua Agility	Cardio by Aqua	Aqua Agility	Water Pilates 9:50-10:20	
10:20-11:20	<i>Sr Open swim</i>	<i>Sr Open Swim</i>	<i>Sr Open swim</i>	<i>Sr Open Swim</i>	<i>Sr Open Swim</i>		
11:30-1:00	18+ Adult lap swim	18+ Adult lap swim	18+ Adult lap swim	18+ Adult lap swim	18+ Adult lap swim		
	Open swim 1:15-5:00 pm	Special needs 1:15-2:15	Open Swim 1:15-5:00 pm	Open Swim 1:15-5:00pm	Open Swim 1:15-6:00	Open Swim 10:30-3:30pm	Open Swim 12:00-3:30pm
		Open Swim 2:15-5:00 pm					
						**Pool rentals 3:30 pm-5:30 pm	**Pool Rental 3:30 pm-5:30 pm
		Fitness Aerobics 5:00-5:45pm		Fitness Aerobics 5:00-5:45pm			
5:30-6:00	LTS 5:30-6		LTS 5:30-6				
6:10-6:40	LTS 6:10-6:40	Core & more 5:50-6:35 pm	LTS 6:10-6:40	Core & More 5:50- 6:35pm			
6:50-7:20	LTS 6:50-7:20		LTS 6:50-7:20				
7:30-8:30	Open Swim 7:30-8:30 pm	Open Swim 6:45-8:30pm	Open Swim 7:30-8:30 pm	Open Swim 6:45-8:30pm			

\*Class designed with seniors in mind; however, 12+ welcome (must be taking the class)

\*\* For info regarding Pool rentals and availability please call Mary at 817-685-1649